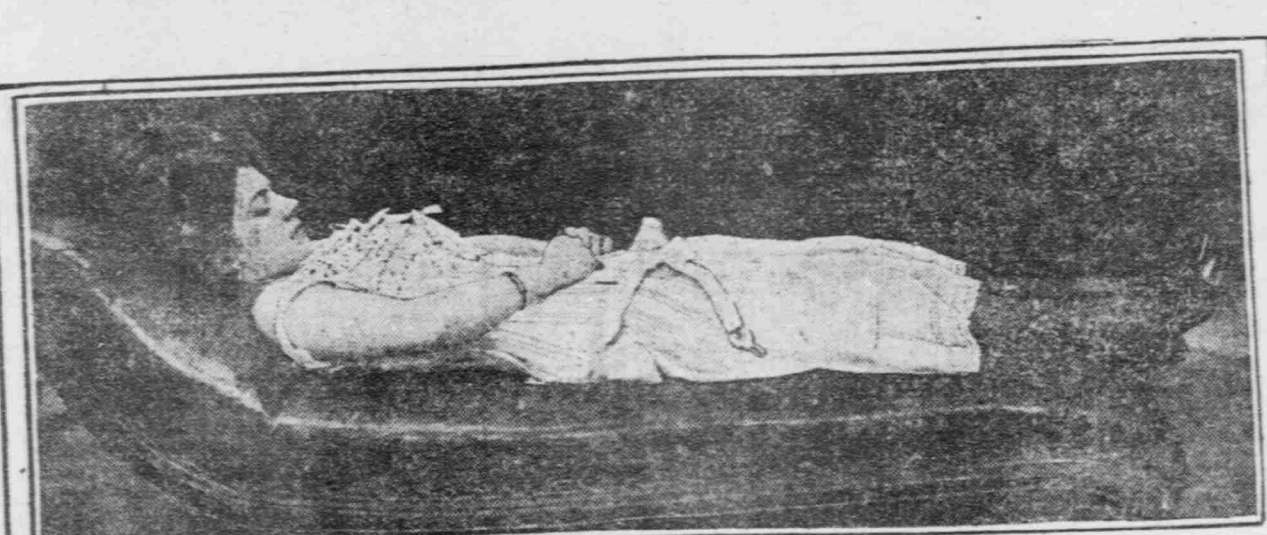


HOW TO BE HEALTHY AND BEAUTIFUL

By MRS. HENRY SYMES

CORSETS AND LINGERIE USED WITH SHEATH GOWNS



Notice to Correspondents.

OWING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

To Develop the Bust.

Constant Reader—To develop the bust the following may be tried: Lanolin, one ounce; cocoa butter, one ounce; sweet almond oil, one ounce.

Put in a small bowl, set in hot water until melted; beat together and cool. Each night, after laying hot cloths on bust, rub it in by massaging gently and thoroughly in a circular direction for fifteen minutes.

Fingers Too Stiff.

A. W.—Do not worry because your fingers are not limber, for your music teacher will give you finger exercises which, in time, will make your knuckles supple.

The Necessity of Foot Baths.

NOT only are the feet kept comfortable, but the well-being of the entire body depends much upon the care bestowed upon the feet. The feet should be washed daily in tepid water and soap, finishing with a dash of cold water to quicken circulation and to prevent them becoming too sensitive.

If the feet are dry, rub in a little good cream until absorbed. For feet which suffer from excessive perspiration a little carbolic acid—twenty or thirty drops in a basin of water—is efficacious. The stockings should be changed daily and the street shoes exchanged for slippers when resting in your room.

To Remove Stains from the Hands.

Anxious—To soften, whiten, and remove stains from the hands use glycerin and lemon. Put into a bottle two ounces of glycerin, two ounces of water, four tablespoonsful of lemon juice, and a few drops of carbolic acid. Shake well. After washing and wiping the hands, rub a little of this mixture into them.

The following exercise is excellent for developing the hips: Stand alternately on each foot, swing the free limb pendulum fashion from the hips, each time allowing it to go as far forward and backward as possible.

Foot Powder.

Eva—When the feet perspire excessively, the shoes and stockings should be changed daily.

The following recipe for powder will be found most helpful: Burnt alum, five grams; salicylic acid, two and a half grams; starch, fifteen grams; violet talcum powder, fifty grams. Dust over perspiring feet, which should be bathed at least once daily.

Showing Length of Hips

Eyebrow and Eyelash Grower.

Ethel—To increase the growth of eyebrows the following formula will make up into a good preparation for the purpose: Cologne, two and a half ounces; glycerin, one and a half ounces; fluid extract of laborer, two ounces.

Agitate ingredients till thoroughly incorporated. Apply to the eyebrows with a brush and to the lashes with a tiny camel-hair brush. The brush must be freed from any drop and passed lightly along the edge of the eyelids, exercising extreme care that no minute portion of the lotion touches the eye itself.

Eruption on Face.

Worried—There is usually an inward cause for eruptions on the face. Generally they are due to the impure condition of the blood. The salve, formula of which is given below, is very soothing and healing, but to effect a permanent cure you had better take some treatment for your blood.

Formula: White wax, one ounce; spermaceti, one ounce; oil of almonds, one-fourth pint.

Melt; pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed and the mixture is nearly cold.

Shampoo for Light Hair.

L. M. O.—A splendid shampoo for the hair is made of the following: White castile soap, one ounce; water, twenty-four ounces; potassium carbonate, thirty grains; borax, 12 grains; cologne water, two ounces; bay rum, two ounces. Dissolve the soap in the water and add the other ingredients. Rub well into the roots. Rinse thoroughly in several waters. Dry carefully.

Do not comb the hair after shampooing until it is thoroughly dry. Combing makes it straight and stringy. Fan and toss it about in the sunshine, if possible.

Talcum Powder.

Mrs. J. L.—The following makes a delightful talcum powder: Farina starch, fifty grains; powdered boric acid, twenty grains; powdered hyssop, ten grains; salol or boric acid, ten grains; essence of violet, twenty grains.

Washing the hands with oatmeal dissolved in water will have the effect of softening and whitening them.

To Clear the Complexion.

Muddy—The following treatment is excellent for clearing the complexion: Rub the face, just before washing it, with two teaspoonfuls of flowers of sulphur mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face.

A Change Will Prove Helpful.

Frequently change the mode of wearing the hair, else falling hair is likely to result. That portion of the scalp where the hair is coiled and pinned receives no sunlight and the coiled hair no ventilation.

To Have a Clear Skin.

A clear skin is one of the essentials of good health and beauty, and nothing conduces more to this end than frequent baths and brisk rubbings. They will do much to keep the skin soft and the whole body vigorous.

Work for College Girls.

One of the graduates of Wellesley has been making a careful study of the opportunities for work offered girls with a college education, and concludes that the department store offers some of the best. She interviewed twenty-three buyers—women who had for the most part worked their way up from cash girls, and none of them with a college education; in fact, few with even a grammar-school education. Evidently they were women of unusual ability, but with a college education even a woman of less ability might hope to make a success of such work. The maximum paid is \$50,000, and the minimum \$5,000. Few other occupations would pay anything like as well.

WITH all the recent talk and discussion concerning the sheath gown, nothing could be more natural than that a new corset should have been designed to mold the figure into the necessary syph-like form. It did not take the manufacturers long to realize the need, and they have turned out a "machine" wonderful, indeed, in size and shape.

The very latest model is high in the bust and arranged so that the waist is quite round. It is long enough to increase the figure almost to the knees, and the principal innovation is at the hips. The new corset is so cut and bound that it is impossible to indulge in unfashionable hips, no matter on what model nature built the woman. Where a piece of flesh might, perchance, protrude and spoil the long and swathing lines of the new gown, there is a heavy steel, strong enough to control the most obstreperous fat. Should the hips show a tendency to roundness, which was greatly admired but a short time ago, the corset, broad or whatever material forms the corset, is cut in a way to forbid it. All the art of the corsetiere has been used to prevent such a catastrophe, and to this end the materials have been reinforced by canvas, and bones have been backed by buckram, and many rows of machine stitching have been added.

Of course, if the corset must be long on the hips to form a foundation for the graceful drapery of the skirt, it must also be high in the bust to supply a perfect form for bodice drapery. Some of the latest models are so high that real décolleté is rendered impossible, unless a method be devised to lower the corset in front and back.

Therefore, some corsets are made without stiffening at the top, and the corset may be turned down upon itself, making it sufficiently low for evening gowns.

Good results may be obtained by hooking the corset on the figure while lying down. In this position the muscles are relaxed and the corset may be hooked lower on the figure.

Even though all new corsets must of necessity be long on the hips, there are already several variations of the same idea. Some models are much stiffened, holding the figure inflexible, while others admit of much free movement, losing the while none of their good points.

Some, indeed, are so long that it is necessary to curve them so the wearer may sit down. A woman should never wear corsets unless they fit every position which she is likely to assume. No one can be well dressed when she is absolutely caged in her clothes. Costumes are nothing without grace and carriage.

The strange fact in connection with the new sheath corsets is that even very slender women wear them. Really they were intended only for those without naturally slight figures, for the less stiffening there is about a sheath gown the nearer it approaches the ideal which was its origin.

The usual summer nets cannot really form satisfactory long-hipped corsets, so most of the good corsets are made of reinforced batiste, coutil, or brocade. Some are embroidered in fascinating rosettes and trimmed with Dresden ribbon. Others are finished at the top with a sort of pointed yoke-like affair of net or allover lace. This, in turn, is bound with pretty ribbon.

The new corset, however, is not the only undergarment that has been invented for the sheath gown. The "pantalo-catch" is the latest accompaniment to the new costume. This garment endeavors to supplant the time-honored petticoat. It will be interesting to watch the encounter.

To Reduce the Bust.

Trouble—Here is a recipe for a perfect harness pomade which will help reduce the size of the bust: Tincture of benzoin, twenty drops; iodide of potassium, forty-five grains; vaseline, one and one-half ounces.

The following may also be recommended: Pure denatured iodoforn, one ounce; vaseline, two ounces; essence of peppermint, twenty drops.

Then cover breasts with two cloths dipped into the following: Pulverized alum, thirty grains; acetate of lead, one ounce; distilled water, eight ounces. Cover the cloths with oiled paper and keep them on all night.

For Oily Hair.

Annoyed—The following lotion used once a day is a very good one for oily hair: Powdered bicarbonate of soda, one-fourth ounce; borate of soda, powdered, one-fourth ounce; eau de cologne, one fluid ounce; alcohol, two fluid ounces; distilled water, sixteen fluid ounces.

Mix and agitate until solution is complete. A lotion that will help to cure a "shiny" nose is made of: Boracic acid, one dram; rosewater, four ounces. Mix.

Apply the lotion to your nose as often as necessary.

To Cleanse the Finger Nails.

Try—The only way to keep the skin smooth under the nails is by constant applications of cream and by using an orange-wood stick for cleaning. The cleaning should be done only after washing the hands. I am giving you a recipe for a nail cream: Petroleum, one ounce; white castile soap, powdered, sixty grains; oil of bergamot, three drops.

Tired Feet.

After bathing tired feet in hot water it is very soothing to rub them with olive oil.

THREE QUEENS WHO ARE HISTORICAL CHARACTERS

Many queen consorts of England have lived and died leaving behind them nothing more than their names, but in 124, nearly 700 years ago, there was ushered into the world Eleanor of Castile, a woman whose memory will ever be revered by the English people for her loving faithfulness and heroism.

Daughter of Ferdinand, the "Saint" of Castile, and sister of Alphonse the Wise, she came of a family celebrated for the honesty and integrity of its members. At ten years old the youthful princess was betrothed to a prince of Wales, to whom she afterward proved herself a worthy consort.

In the year 1263, when the whole of England was at peace with the world, Prince Edward, accompanied by his young wife, set out on a crusade to the Holy Land, where the princess was to perform a deed which made the land ring with acclamations. While at Acre, Edward was wounded by a poisoned dagger thrust into his side by an assassin, and for a while it looked as if an English heir apparent was to die in a foreign land.

But Eleanor, at work among her maidens, heard of the disaster, and without loss of a moment rushed to the side of the suffering man, and, applying her lips to the wound, sucked the deadly poison, and at the risk of her own life saved that of the prince. His people never forgot this act of heroism, and when Edward became a king his own hand placed the symbol of royalty upon the brow of his wife at her coronation.

For twenty years they were devotedly attached to each other, Eleanor constantly

by suggesting to her husband many schemes which added to the happiness of their English subjects. In 1290 a mysterious illness seized the poor woman, who was only in the prime of life, and after a few hours she died, leaving a heart-broken husband. He caused the body to be laid out in royal magnificence and conveyed from Gantham to London for burial. At each stopping place of the funeral procession he caused a cross to be erected, the last of these being Charing Cross. Thus he immortalized the memory of the beloved Queen, of whom he said: "I loved her tenderly in her lifetime; I do not cease to love her now she is dead."

Katherine of Aragon, a daughter of Ferdinand and Isabella of Castile, was an unhappy woman, born in 1483, and in 1501 married to Arthur, son of Henry VII of England. Prince Arthur died a few months after marriage. His father, desiring to preserve intimate relations with Spain, procured a papal dispensation to marry the young widow to another son, Henry, who was to ascend the throne as Henry VIII, historically known as the royal Bluebeard.

By him Katherine had several children who died in infancy, save one, a daughter, the Queen Mary, who was later to succeed her father and step-brother on the throne. Henry grew tired of his plump wife, and for amusement turned his attention to her maids in waiting, and very soon fell in love with pretty Mistress Anne Boleyn. At once his tender conscience pricked him regarding the legality of his marriage to his sister-in-law, and

he made every effort to have the Pope divorce them, asserting the union was "contrary to divine laws."

But the Pope refused, and Henry, becoming impatient at the delay, finally prevailed upon Cardinal Wolsey to pronounce a decision in his favor. Katherine refused, however, to accept any decree but that of the Pope, and the King, taking matters into his own hands, declared himself the head of the Church of England.

At once he married Anne Boleyn, and Katherine was no longer regarded Queen of England. Nevertheless, she refused to leave the country, and lived in state in Huntingdonshire, where she never forgot her rights, insisting upon being treated with the ceremony accorded to royalty.

She had but few friends; the austere life she led was not calculated to attract the butterflies of the court; her time was spent chiefly in writing religious books and performing acts of charity. In 1536 she died, and on her deathbed wrote a letter to Henry, which was so tender and pitiful that he wept while reading it. Nevertheless, it did not prevent him from beheading Anne or from disposing of more wives of whom he grew weary. Katherine of Aragon has always been considered a badly treated queen and woman.

The Empress Josephine was the one woman in all history. If we except Marie Stuart and Marie Antoinette, who experienced the greatest diversity of fortune. The first wife of Napoleon Bonaparte, she was born in the beautiful Isle of Martinique, where her earliest years were

spent. She was taken to France and married when almost a child to Viscount Beaupharis.

Josephine seems to have been devoted to her first husband, but unfortunately he soon tired of his girl-wife, and after the birth of their two children, Eugene and Hortense, he separated from her, leaving her in absolute want. For the first time Josephine felt the twinges of poverty. She prepared meals for herself and children, even washing the clothes, and was thankful to apprentice her boy to a carpenter. In after years she spoke of this as the happiest time of her life, in spite of hardships.

During the revolution Beaupharis, feeling a change of heart, sent for his family, but before she reached France she heard of his execution, she herself only escaping death on the scaffold by the fall of Robespierre.

A widow when she met Bonaparte, she was six years his senior, but so fascinating was the lovely creature that the young man fell violently in love with her. They were married in 1796, in spite of the opposition of his family, who never cared for Josephine. She exercised a wonderful influence over this man, who seemed to care for no will but his own.

Amid the regal splendor lavished upon her when she became Empress of the French there were many bitter troubles. Jealousy caused cruel slanders to be circulated, and though Napoleon at first treated them with contempt, they finally influenced and strengthened his decision in obtaining a divorce from the unhappy woman. Though a repudiated wife, she was always the "Empress" at Malmaison, where

A Weak Side.

Mother—The only thing for you to do is to consult a reliable physician. Simple treatment will, perhaps, be all that is needed to make you strong and well. I advise you to attend to the matter immediately.

Here is a recipe that will make up into a very good hair oil: Two ounces scentless castor oil, two ounces coconut oil, one ounce of rosemary, one-half dram oil of jasmine.

Mix oils with gentle heat; bottle; shake for five minutes.

Remedy for Hangnails.

Dorothy—Hangnails are due to excessive dryness of the skin surrounding the nails. Try rubbing the base of the nail every night with a little good cold cream. That should help to cure them.

To Open the Pores.

To remove blackheads, and also to soften the skin before applying cold creams and lotions, apply a soft linen towel wrung out of moderately hot water. Do not have the water hot enough to burn the skin. Apply the towel to the face, pressing it well down into the curves of the ears, nose, and mouth. Repeat several times until the skin is pink and soft. In this condition it will absorb much more of the oils and lotions, greatly increasing their effective properties.

Eat Moderately.

In order to be in perfect health one must be temperate in eating. The meals should be regular. Regularity is one of the golden rules of a well-ordered life.

Summer Hives.

Hives, as a rule, are the result of a disordered stomach. They require both internal and external remedies.

The best medicine is a dose of castor oil, the quantity, of course, to depend upon the age of the patient.

Bathing with water to which bicarbonate of soda has been added is one of the best means of allaying the intense irritation. Constant and frequent applications of good cold cream will also soothe wonderfully.

The Correct Time for Bathing.

The morning is the best time for a cold water bath, a tepid one morning or night, but a hot water bath should be taken just before retiring, inasmuch as it is relaxing. Never bathe just after a hearty meal. Bathe regularly every day.

Cleanliness Is Necessary.

The scalp, like the rest of the body, to be kept healthy must be kept clean. Shampoo your hair once every two weeks if it is inclined to be oily, and about once a month if it is the least bit dry.

Very high in the back.

They are carried up in front to allow for sitting down.

Absolutely Necessary.

Worried—It is absolutely necessary, in order to have a good complexion, to cleanse it thoroughly before retiring for the night. Wash the face with warm water and a good soap, rinse thoroughly in several clear waters, and then apply some good lotion or cream to make the skin clear and smooth.

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Looking Corset While Lying Down

One-piece Lingerie for Sheath Gown

Showing Length of Hips